

# JUNIOR RANGER PROGRAM

## Weymouth Woods Sandhills Nature Preserve

Come explore the beautiful Sandhills region  
of North Carolina and earn your Junior  
Ranger patch!

1024 Fort Bragg Rd.  
Southern Pines, NC 28387  
(910)692-2167  
[www.ncparks.gov](http://www.ncparks.gov)

**Park Hours:** March-October 8am-8pm  
November-February 8am-6pm

**Office Hours:** Daily from 8am-5pm

\*PARK & OFFICE ARE CLOSED ON CHRISTMAS DAY\*



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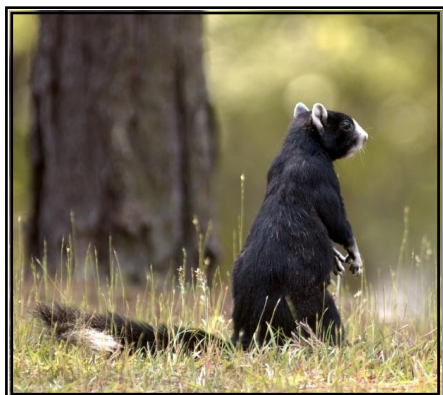
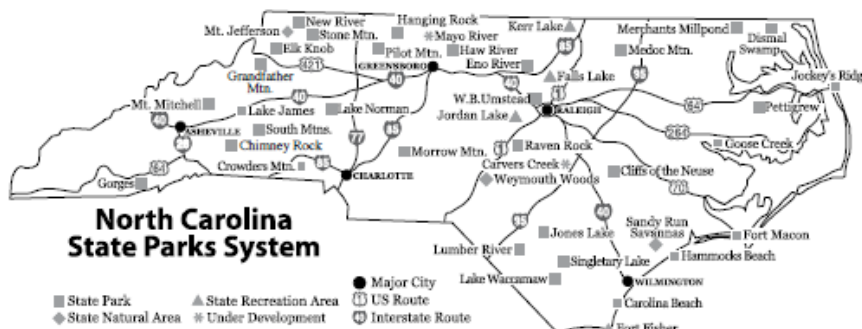
## Welcome to NC State Parks!

### Our mission...

The North Carolina State Parks System uses three big words for its three main goals:

preservation, education, and recreation. Preservation means **taking care of** the environment (the land and the living things around you). Education means

**learning** more about the importance of the environment. Recreation means **having fun** at the parks by spending time in the environment and enjoying the great outdoors!



### About Weymouth Woods...

Weymouth Woods Sandhills Nature Preserve is located in the central part of North Carolina. (See if you can find it on the map above.) There's a lot to discover in this unique park including the oldest known longleaf pine, endangered red cockaded-woodpeckers, and fox squirrels like the one in this picture. A hike on our sandy trails is sure to be an adventure!

### Why you should become a Junior Ranger...

Becoming a Junior Ranger is a great way to get to know the different ecosystems in North Carolina, while meeting the goals of the State Parks. You get to have **fun** by exploring the environment, you'll **learn** by going on guided hikes and doing the activities in this booklet, and you even help **take care of** the wildlife by doing a small service project at the park. Getting involved will help you to understand and enjoy the outdoors even more!



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## How to Become a Junior Ranger...

**Step 1.** Attend 3 Ranger-led programs and complete 3 booklet activities

OR

Attend 2 Ranger-led programs and complete 4 booklet activities

**Step 2.** Complete a Stewardship Project for the park with guidance from a Ranger

**Step 3.** Review completed Junior Ranger booklet with a Ranger

**Step 4.** Recite the Junior Ranger Pledge with a Ranger as your witness

**Step 5.** Receive your Junior Ranger certificate and patch, and tell all your friends they can become Junior Rangers too!

### Junior Ranger Safety Tips



Always have an adult with you.



Stay on the trails at all times.



Leave everything in the park the way you found it. (Or leave it better if you pick up trash along the way!)



Keep water and a map with you.



Don't approach wild animals.



Have fun!

## Keep track of the programs you have attended

Program Topic

Date

Ranger's Signature

Program Topic

Date

Ranger's Signature

Program Topic

Date

Ranger's Signature

## A Note to Parents

We're so excited that you and your child have decided to participate in the Weymouth Woods Junior Ranger Program! Be sure to let your child attempt the booklet activities to the best of their capabilities, but don't be afraid to help. The idea behind this program (best suited for 2nd to 6th graders) is to foster an appreciation for the natural world and to help children understand what role they can play in helping to protect it. Above all, don't forget to have fun!

*"If a child is to keep his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement, and mystery of the world we live in."* - Rachel Carson





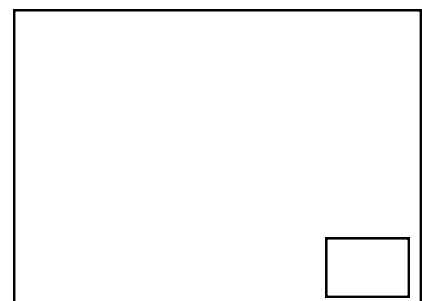
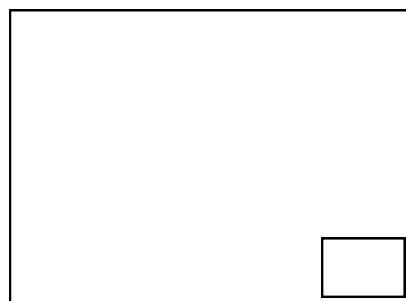
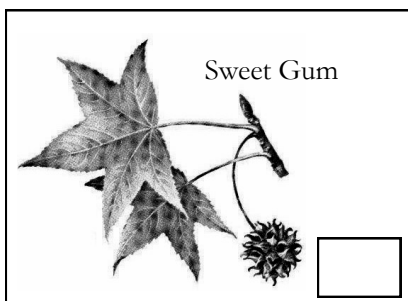
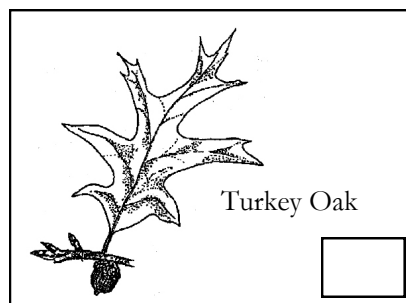
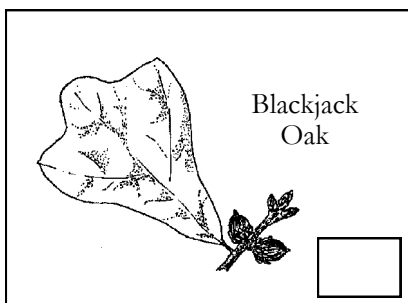
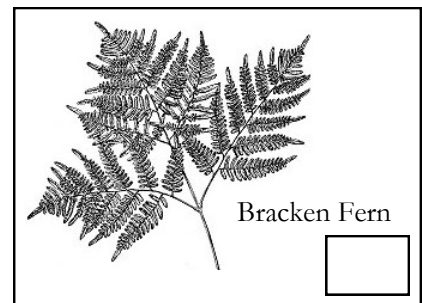
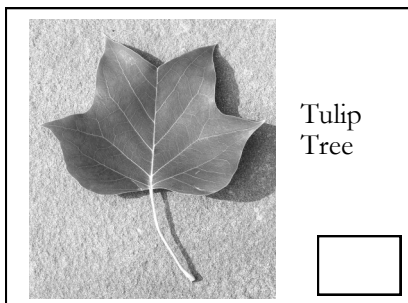
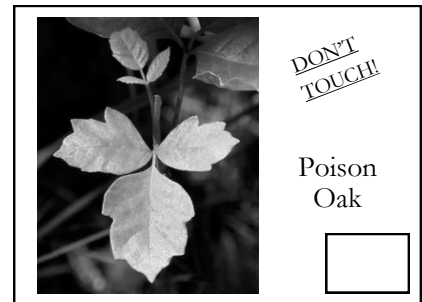
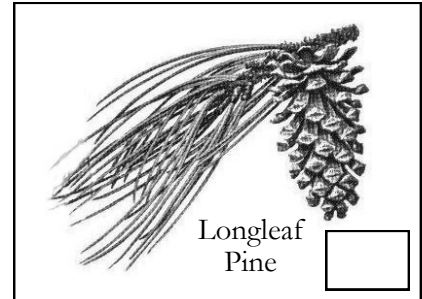


Recommended for any age

# Activity 1

## Plant Scavenger Hunt

It's time to pull out your magnifying glass and take a closer glance,  
Because we're sending you on a hunt to find these plants!  
They may look different depending on the season,  
So put on your thinking caps, and use your good reason.  
There's no need to collect them, just take a look.  
Then give them a big checkmark right here in your book.  
Now there may be a few out there that we happened to miss,  
So go ahead and draw them in to add to your list.  
When you get back to the visitor center, we can take a look  
And try to help you identify them with the help of a book.  
Now off you go into the woods for some fun  
And don't give up too fast, try to find at least 6 before you're done.  
Follow all the Junior Ranger Safety Rules listed on Page 3  
And beware of poison oak. "Leaves of three, let it be!"



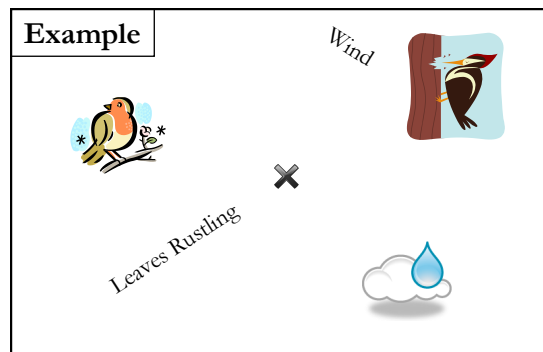
## Activity 2


Recommended for any age



### Sound Map

Find a spot on the trail where you can sit still for at least 5 minutes. (There's a great shelter you could sit in comfortably on the boardwalk of the Pine Island Trail. It's the section of trail between the Lighter Stump and Holly Road trails. Ask a Ranger to point it out to you on a map.) While you're sitting, stay very quiet and listen for any noises that you can hear. Maybe it's a bird singing, a woodpecker drumming, something rustling in the leaves, the wind, or trickling water. Whatever you hear, draw a map of where the sounds are coming from using the box below. Pretend you are the X in the middle of the box so that all the sounds are in relation to where you are sitting. If you hear a sound in front of you, draw a picture of what's making the noise (or just write it down) above the X. If it's behind you, draw it below the X. Pretty soon, you should have a map of all the interesting things you've heard surrounding you. Look at the example to get started.



	IN FRONT OF YOU	
TO YOUR LEFT		TO YOUR RIGHT
	BEHIND YOU	

## People vs. Plants : The History of Humans and Longleaf Pine



This picture is an example of the scars you can still see on longleaf pines that are the result of people collecting resin from the tree. As far back as 1700, the resin was used to make products such as tar, pitch, rosin, and turpentine. Because these were all products that were used in building ships (in the days of wooden watercraft), they were referred to as “naval stores.” Explore the Weymouth Woods Museum to help you answer the following questions about the naval stores industry.

1. After stirring the bucket of resin and looking at the tools, do you think it would have been an easy job to collect resin? Pretend you are one of the workers and write a sentence or two describing your day at work.

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2. Pine sap is the sugar the tree makes and transports for food. However, pine sap wasn’t what people were trying to get from the tree; they were collecting resin. So what does the resin do for the tree?

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3. List at least 5 other products we get from trees besides the naval stores mentioned above.

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4. Do you think these scars could be bad for the trees? How? Do you think they could sometimes be good for wildlife? How?

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Now it’s time to go into the woods and find some of the trees with scars on them. Try and find at least 5 such trees and mark them on a map with an X. **You can obtain a map at the park office or print one at [www.ncparks.gov](http://www.ncparks.gov) - find Weymouth Woods in the “Find a park” box on the left, then click the Maps & Directions link under the Park Menu.** (Hint: The Bower’s Bog trail and the Pine Barrens trail are good places to look for scars, but if you ask a ranger, they may give you some helpful tips.)

## Activity 4

(This activity is a bit longer. Complete 3 of the 5 sections to count it as one activity, or complete all 5 sections and have it count as two activities.)  
Recommended for ages 10-12

### Environmental Education Trail

This activity is designed for you to follow a predetermined path and answer questions along the way at certain stopping points. It's a bit longer, so leave enough time if you want to finish it all in one hike. Start by following the Lighter Stump Trail and continue onto the Pine Island Trail going counter-clockwise. Just ask if you need help with directions. **See the note on the bottom of page 6 about where you can get a map.**



#### STOP 1 - Wildlife

You should have already passed a sign that showed a map of the Environmental Education Trail and a sign that said Naval Stores (this sign could be helpful for Activity 3). You're now at the sign that says "Wildlife of Longleaf Pine Forests." Read over the sign and then answer the following questions:

What are two things you learned about the wildlife in the longleaf pine forest?

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Of the six animals mentioned on the sign, were there any that you were surprised to find live here in the Sandhills? Which ones and why would you not expect them to live here?

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#### STOP 2 - Soils

The next sign you'll come to says "Soils of North Carolina" and you'll find a large model of soil horizons. Answer the following questions concerning North Carolina soil:

Weymouth Woods is in Moore county. Looking at the map on the sign, find Moore County (it's in the south central part of the state) and see which region it's in. Is it mostly in the Mountains, the Piedmont, or the Coastal Plain region? Once you've figured that out, look at the charts at the bottom of the sign, and figure out what the top layer of soil should be for this area. (What kind of soil is Horizon A?)

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Now, to the right of the sign, brush away some of the leaves on the ground and see what kind of soil is there. Dig through it a little with your hands or a stick and write a description of the soil that you find, including texture and color. Does your description match with what the sign says?

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## Activity 4 (cont'd.)

### STOP 3 - Trees

The next stop has a sign entitled “What Do They Become?” Read the sign and answer the following questions:

Are there any products that you were surprised to see are made from trees? Which ones?

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List 4 types of trees mentioned here that are used to make different products.

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### STOP 4 - Water

Read the sign labeled “Water Resources” and then list some ways that you can help to protect and conserve our water resources.

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Next, as you’re looking at the creek for inspiration, write an acrostic poem about water. That is, with each letter from the word water, come up with a word that describes this precious resource. An example is given with the word spider.

<b>S</b> ilk spinners	<b>W</b>
<b>P</b> redators	<b>A</b>
<b>I</b> nteresting	<b>T</b>
<b>D</b> elicate webs	<b>E</b>
<b>E</b> at insects	<b>R</b>
<b>R</b> ecluse	



### STOP 5 - Ecosystems

Read “A Forest Ecosystem in Transition” at the shelter and then take a minute to observe the small-scale ecosystem right under the structure you’re standing in. Look for evidence of plants or animals using the roof (on top and underneath) and posts of this shelter and write down at least 3 things you find. Just imagine what could be living under the boardwalk!

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## Activity 5

Recommended for any age



### Nature Alphabet



Search around the Weymouth Woods trails and visitor center or even in your back yard for things in nature that start with each letter of the alphabet. (Don't use things like hippopotamus for H. It's not likely you'll see those around here!) Draw a picture or write down what you find, and try to find as many as you can!

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	
<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	
<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>	
<b>M</b>	<b>N</b>	<b>O</b>	<b>P</b>	
<b>Q</b>	<b>R</b>	<b>S</b>	<b>T</b>	<b>U</b>
<b>V</b>	<b>W</b>	<b>X</b>	<b>Y</b>	<b>Z</b>

# Stewardship Project

Now that you understand more about the plants and animals of Weymouth Woods Sandhills Nature Preserve, it's time to do a stewardship project. This is where you do something to make the park a better place for wildlife, plants, and people. Ask a park ranger if there is a stewardship project you can help with. Depending on the time of year, you may be asked to help rake fire breaks, remove hardwood understory growth, or do other various projects.

When you finish your project, use the space below to describe what you did and explain how it helped the park's plants and animals. If you have any room left, you can list some ideas on how to make your home or community a better place for wildlife.



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## Official Junior Ranger Pledge

Congratulations! You have completed the Junior Ranger Program at Weymouth Woods Sandhills Nature Preserve. You now must take the Junior Ranger Pledge. Raise your right hand, have a park ranger read the pledge to you, and repeat it after the ranger. Once you have taken the pledge, ask the ranger to complete your Junior Ranger certificate. You are now an official Junior Ranger!

*"I, (your name), do hereby promise to do what I can to protect the air, water, and land of North Carolina. I will always do what I can to keep our parks clean. I will never harm or remove any plant, animal or rock in the park. I will encourage my family and friends to help protect the park and all our natural resources."*

My Signature: \_\_\_\_\_